

Dr Susanne Schweizer
School of Psychology
University of New South Wales
NSW Sydney 2052
AUSTRALIA



PARTICIPANT INFORMATION STATEMENT AND CONSENT FORM – Parent Guardian
Social Brain Training Study

Dear Parent/Carer,

We would like to invite your child to participate in our research project, which is led by Dr Susanne Schweizer at the University of New South Wales (UNSW) School of Psychology and has been approved by UNSW Human Research Ethics Committee [Project ID Number: HC230164]

Before you decide whether your child may take part, we would like to tell you why the research is being done and what it will involve.

Please take time to read the following information carefully and discuss it with your child. A member of the team can be contacted if you have any questions about any aspect of the study.

1. What is the research study about?

Good emotion regulation in teenagers is associated with better wellbeing and academic outcomes. Neuroscientists have shown that emotion regulation can be improved by training the core cognitive processes it relies on.

This study is investigating whether we can enhance two different types of emotion regulation training to find out whether one is more successful than the other at improving emotion regulation, especially in social situations.

2. Who is conducting this research?

The research is being carried out by the UNSW School of Psychology's:

Dr Susanne Schweizer (s.schweizer@unsw.edu.au; Senior Lecturer & Project Lead; Working with Children Check: WWC2116209E)

Dr Jack Andrews (jack.andrews@unsw.edu.au; Postdoctoral Research Fellow; WWC2358207E)

Ms Karina Grunewald (k.grunewald_zola@unsw.edu.au; PhD student; WWC0798113E)

Ms Savannah Minihan (s.minihan@unsw.edu.au; PhD student; WWC0121768E)

Ms Jaimee Fischer (jaimee.fischer@student.unsw.edu.au; Honours student, WWC2045238E)

Ms Dua Kashany (d.kashany@student.unsw.edu.au; Research assistant, WWC2313300V)

Research Funder: This research is being funded by the National Health and Medical Research Council (Grant number: 1184136).

3. Inclusion/Exclusion Criteria

Before you decide to allow your child to participate in this research study, we need to ensure that it is ok for your child to take part. The research study is looking to recruit people who:

- Are aged 13 – 16 years.
- Speak English with native fluency
- Have daily access over the course of the training period to a smartphone or tablet with internet connection and access to the Apple or Google Play app store

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- No history of traumatic brain injury

4. Does my child have to take part in this research study?

No, participation in this research study is **voluntary**. Additionally, if you agree for your child to take part in the study and later change your mind, you are free to withdraw your child from the study at any stage.

If you decide you want your child to take part in the research study, you will be asked to:

- Please go to read this information (ask questions you may have) and indicate your consent below.
- Keep a copy of the consent form for your records.

If you consent to your child's participation, we will also ask your child if they agree to take part. We will do this by sending them a link to an online information sheet and consent form.

5. What does participation in this research require, and are there any risks involved?

There are 4 phases to this research study, all of which are completed online.

Phase 1: Questionnaires & tasks before training

In the first stage of the study, your child will be asked to complete a series of questionnaires relating to demographic characteristics (incl. age, gender, ethnicity), mental and emotional wellbeing (incl., emotion regulation, symptoms of mental health) and social functioning. Additionally, your child will also complete two computerised tasks that measure memory and social thinking.

These questionnaires and tasks should be completed in a quiet location. This phase will take **approximately 60 minutes to complete**.

Phase 2: Cognitive training

In Phase 2 your child will receive one of two training programs that are designed to improve emotion regulation. In both programs, your child will be asked to **complete a minimum of 10 minutes of training/day for 12 days**.

If your child is allocated to training A, they will complete a social memory task which involves tracking the location of emotional faces and remembering emotional words.

If your child is allocated to training B, they will complete the same memory activity as training A and additionally resolve social puzzles.

Phase 3: Questionnaires & tasks after training

In Phase 3, the measures (with the exception of demographics) from Phase 1 are completed again.

Phase 4: 1- month follow up questionnaires

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In Phase 4 the questionnaires from Phase 3 will be completed again. This will take **approximately 20 minutes to complete**.

Additional Costs and Reimbursement: There are **no costs** associated with participating in this research project. Your child will receive an **AU\$50 (25GBP) Prezee voucher** (valid at multiple retailers including Woolworths, Uber Eats, Amazon, David Jones, Rebel, JB Hi-Fi) via email after completing Phase 3. Your child will receive an additional **AU\$10 (5GBP) Prezee gift voucher** for completing the one-month follow up (Phase 4).

Please note, your child will only receive compensation if they complete the study faithfully. We test this in two ways: (1) by including items that check they are reading and paying attention to the questions at each assessment point (phase 1, phase 3 and phase 4) and (2) by checking that their performance on the cognitive tasks are within the range of human responses. At each assessment point, they must complete at least 3 of the 5 attention items correctly to receive compensation.

Psychological Distress: Your child may find some of the questions upsetting. If **your child does not wish to answer a question or complete a task, they may skip it and go to the next question or task, or they may stop immediately**. Although some questions included in the study assess mental health, these questions are not a diagnostic measure. As such, there will be no reporting of or follow-up procedures for these questions and you and your child will not be able to access individual data.

If your child becomes upset or distressed as a result of participation in the research project, they can contact the research team at any time. Alternatively, a number of free contactable support services are included in section 10.

6. What will happen to information about my child?

Personally identifiable data will be stored for 7 years. After that period, all personally identifiable data will be deleted.

Completely anonymised (that means you and your child cannot be identified by any means) data will be made available to other researchers on an open access data repository. Researchers who would like to use this data can request it from the research team.

The information you or your child provides is personal information for the purposes of the Privacy and Personal Information Protection Act 1998 (NSW). You have the right of access to personal information held about you by the University, the right to request correction and amendment of it, and the right to make a complaint about a breach of the Information Protection Principles as contained in the PPIP Act. Further information on how the University protects personal information is available in the [UNSW Privacy Management Plan](#).

7. How and when will I find out what the results of the research study are?

The research team intend to publish and report the findings of this research in scientific journals and at scientific conferences. All Information will be published in a way that will not identify you or your child.

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If you would like to receive a copy of the results you can let the research team know by providing your email or mailing address in the consent form. We will only use these details to send you the results of the research. As only grouped data is used in the study, participants will not be informed of the results of their individual data.

8. What if I want to withdraw my child from the research study?

If you do consent for your child to participate, you or your child may withdraw at any time. You can do so by completing the 'Withdrawal of Consent Form' which is provided at the end of this document.

Your decision not to participate or to withdraw from the project will not affect your relationship with UNSW Sydney. If you decide to withdraw from the project, the researchers will not collect additional information from you or your child. You can request that any identifiable information about you or your child be withdrawn from the research project.

9. What if I or my child have a complaint or any concerns about the research study?

If you or your child have a complaint regarding any aspect of the study or the way it is being conducted, please contact the UNSW Human Ethics Coordinator:

Complaints Contact

Position	UNSW Human Research Ethics Coordinator
Telephone	+ 61 2 9385 6222
Email	humanethics@unsw.edu.au
HC Reference Number	HC230164

10. What should I do if I have further questions about my involvement in the research study?

The person you may need to contact will depend on the nature of your query. If you require further information regarding this study or if you have any problems which may be related to your involvement in the study, you can contact the following member/s of the research team:

Research Team Contact Details

Name	The Developmental Affective Science Lab
Email	DASLab@unsw.edu.au

Support Services Contact Details

If at any stage during the study, you or your child become distressed or require additional support from someone not involved in the research please contact:

Name/Organisation	Dr Aliza Werner-Seidler
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Position	Clinical Psychologist, Senior Research Fellow & NSW Health Early-Mid Career Fellow
Email	a.werner-seidler@blackdog.org.au

You can also find a list of 24-hour services at the following websites:

For Australia see: <https://www.healthdirect.gov.au/mental-health-helplines>.

For the UK see: <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>

For the US see: <https://www.mentalhealth.gov/get-help/immediate-help>

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Parental Consent Form

I confirm that I understand that by ticking each box below I am consenting to this element of the study. I understand that it will be assumed that unticked boxes means that I DO NOT consent to that part of the study.

I understand that by not giving consent for any one element that my child may be deemed ineligible for the study.

		Tick Box
1.	I understand the Information Sheet I read about the above study. I had the time to think about the study and whether I would like my child to participate. If applicable, I had the opportunity to ask questions which have been answered to my satisfaction	
2.	I agree for the researchers to process and analyse the data (any responses on tasks and questionnaires your child completes) my child provides in this project.	
3.	Use of personal information for this project only I understand that all my and my child's personal information will remain confidential and that the researchers will make sure my child cannot be identified in any publications (these are articles written and talks given by researchers) about the study.	
4.	I understand that my child's information may be viewed by responsible individuals from the University of New South Wales who want to check that the researchers are doing their research properly.	
5.	I understand that my child's participation is voluntary and that I am free to withdraw my child at any time without giving a reason. I understand that if I decide to withdraw my child from the study, any data (information) my child has provided up to that point will be deleted unless I agree otherwise.	
6.	I understand the potential risks for my child of participating in this study. I also know that I can let the researchers know should my child get upset by any aspect of the study.	
7.	I understand the benefits of participating in this study for my child.	
8.	I understand that my child will only get paid the amount outlined in the information sheet for completing the study faithfully (i.e., responding to at least 3 of the 5 attention items correctly at each assessment point and performing on the cognitive tasks within the range of human responses) and they won't receive any other financial (money) benefits from participating.	
9.	I confirm that I understand who can take part and who can't take part in this project. And I confirm that my child meets all the criteria for taking part in the study.	

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10.	I am aware of whom I should contact if I or my child wish to complain about the project.	
11.	I voluntarily agree for my child to take part in this project. That means that no one has put any pressure on me or my child to take part in this project.	
12.	I understand that the data that my child and other people provide during this project will be kept safely and in line with the laws called General Data Protection Regulation for 7 years at the University of New South Wales.	
13.	I agree that my child's fully anonymised [No one will be able to identify your child when this data is shared] research data may be used by others for future research .	
14.	I understand that the study is made up of 4 phases.	

If you would like your contact details to be retained so that you can be contacted in the future by UNSW researchers who would like to invite you to participate in follow up studies to this project, or in future studies of a similar nature, please tick the appropriate box below.

Yes, I would be happy to be contacted in this way.	
No, I would not like to be contacted.	

IF YES, please enter your email address: _____

Would you like to receive a summary of the research findings upon completion of this study?

If so, please provide your email below (understanding that your email will be used for this purpose only) or leave blank if you wish to remain anonymous.

By clicking the box below,

☐ I consent for my child to take part in this study.

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Form for Withdrawal of Participation

I wish to **WITHDRAW** my consent for my child to participate in this research study described above and understand that such withdrawal **WILL NOT** affect mine or my child's relationship with The University of New South Wales.

- ☐ I am withdrawing my child's consent and I would like any identifiable information collected about me or my child which I have provided for the purpose of this research study withdrawn.
- ☐ I am withdrawing my consent and I understand that any information already published and/or not linked to my or my child's identity cannot be withdrawn from the research.

Participant Name

Name of Participant (please type)	
Date	

The section for Withdrawal of Participation should be forwarded to:
Chief Investigator

Name	Dr Susanne Schweizer
Position	Senior Lecturer
Email	s.schweizer@unsw.edu.au
Working with Children Check:	WWC2116209E